

Stress Management

CEGOS SWISS. ONE ESSENTIAL AT A TIME.



What's in it for you?

Stress management is not just about finding personal comfort; it's about unlocking efficiency and well-being in the professional realm.

In the dynamic landscape of professional life, stress management is not just a personal goal but a crucial skill that influences both individual well-being and overall organizational efficiency.

Our learning journey provides your people with a privileged opportunity to bridge the gap between personal choices and professional objectives, equipping them with practical tools to navigate stress in a way that enhances their effectiveness and promotes a healthier work environment.

By mastering stress management techniques, individuals can unleash their full potential, leading to increased job satisfaction and fulfillment. Ultimately, they contribute to a more positive work atmosphere and a healthier organizational culture.

Who should attend?

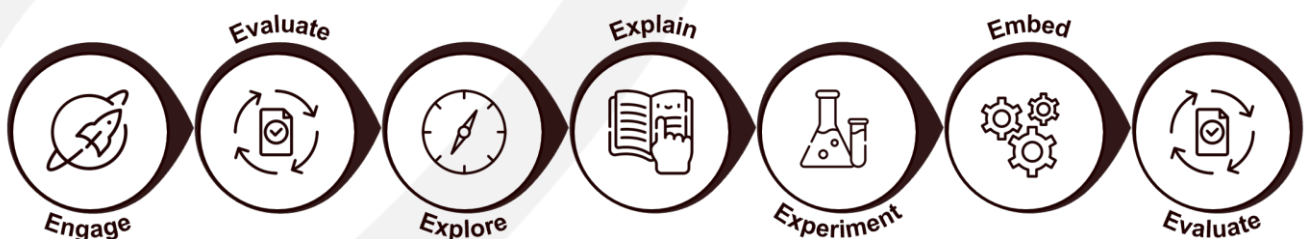
Everyone in the organization.

Good to know:

Gallup's Global 2022 Workplace Report cites that **44%** of people surveyed across the world experience significant **workplace stress** on a **daily basis**.

Cegos Learning Framework

We apply our holistic and dynamic Learning Framework to build learning journeys that deliver more than just awareness of competencies and skills.



Every journey engages the learners beyond knowledge, learning step by step, to explore, experiment and embed their learning, transforming skills into performance.

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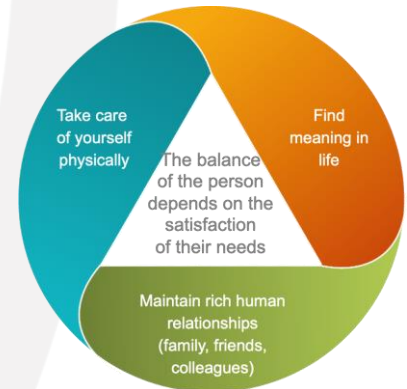
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By completing this learning journey, they will:

- Develop a personalized stress management strategy tailored to their unique needs and professional context.
- Gain insights into the interplay between personal values, work environment, and stress triggers.
- Acquire practical tools and techniques to effectively cope with and reduce stress.
- Enhance their ability to foster a positive work atmosphere and contribute to a healthier organizational culture.
- Implement stress management practices that not only benefit them but also positively impact their colleagues and the overall workplace.

A proven model:



Digital learning:

- [Handling stress](#)
- [Understand how you deal with stress](#)

#MAKINGADIFFERENCE

Delivery modes:



Blended learning accessible in our [LearningHub](#).



Can be delivered **in-person and/or virtually** as most appropriate to you and your learners.

Duration: 14h total learning



6 hours of instructor-led learning.



8 hours of self-directed and on-the-job learning.

REF: SMN

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“It’s all about finding our personal balance.”

#TIL